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## DARTMOUTH PADDLER TAKES PAN AM GOLD UNA LOUNDER PART OF 4-WOMEN SQUAD {page 25}



# LUXE FOR LESS VERSACE FOR H&M: WORTH THE MONEY? {page 17}



Thursday, October 27, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth sharing.

# HALIFAX metro®

# Cops hunt for murder suspect

Police unsure if homicide linked to Amber Kirwan's disappearance Schools near murder scene kept doors locked yesterday

Police are searching for a murderer in the shooting death of a 44-year-old Trenton man Tuesday.

Neighbours called 911 after hearing shots fired in the area of Mechanic Street around 8 p.m., said New Glasgow police Const. Ken MacDonald.

Officers found the victim dead outside a home. Police aren't releasing his name, but neighbours identified the man as Eddie Phalen, who had moved into a home on the street just a few months earlier with his wife and four children.

Police blocked off the street and checkpoints were set up on all entrances to Trenton. Police spoke to each driver, but MacDonald refused to comment on what they were looking for.

New Glasgow police turned over the lead on the murder investigation to the RCMP's major crime unit yesterday, saying they simply did-

n't have the resources to manage both the murder and the disappearance of missing teen Amber Kirwan, who hasn't been seen since Oct. 9.

The murder left area residents shaken. Tiffany MacDonald's father lives next door to the house where the murder occurred.

"I was at my boyfriend's place down the road when I heard the gunshots," she said.

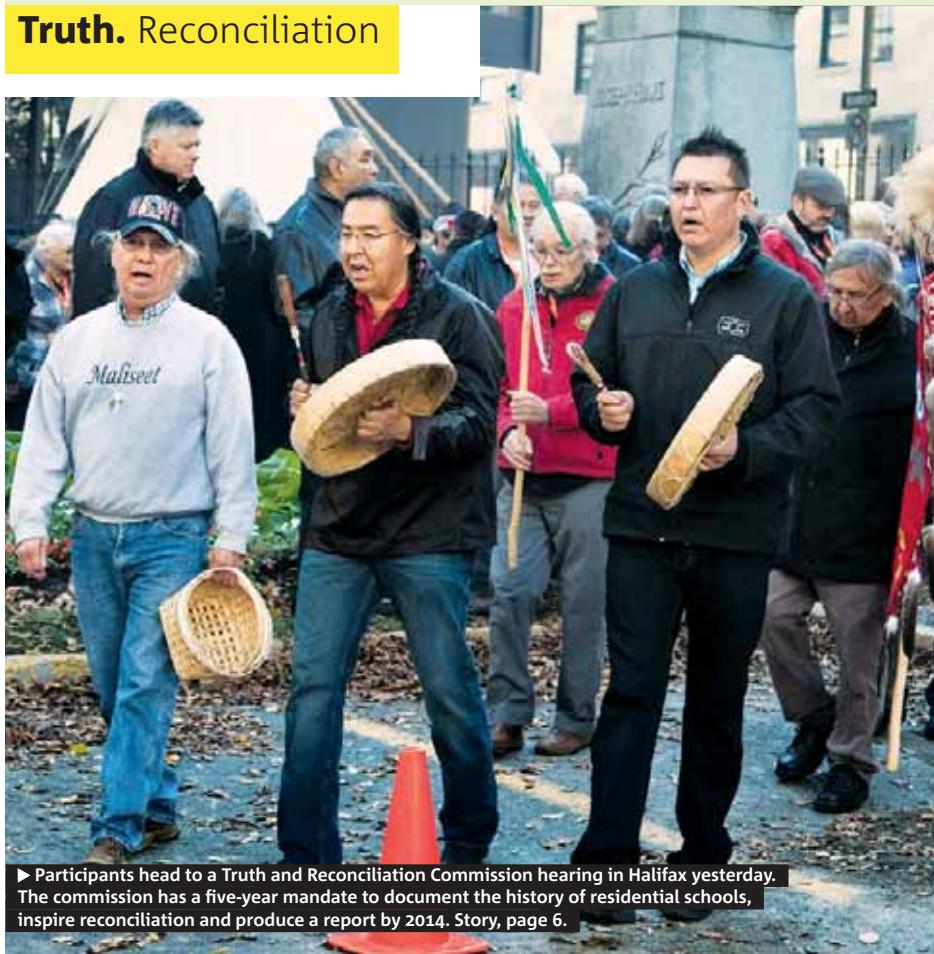
The shot, she said, was "really loud." She added it sounded like a rifle shot.

"People here, the whole neighbourhood is very shocked. It's hard to grasp," she said. "First, Amber went missing and then all this happening at once — this kind of thing doesn't happen here. I always considered it a safe place."

An autopsy was scheduled in Halifax late yesterday.

JENNIFER VARDY LITTLE/NEW GLASGOW NEWS

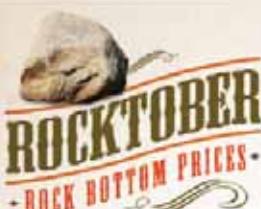
## Truth. Reconciliation



► Participants head to a Truth and Reconciliation Commission hearing in Halifax yesterday. The commission has a five-year mandate to document the history of residential schools, inspire reconciliation and produce a report by 2014. Story, page 6.

ANDREW VAUGHAN/THE CANADIAN PRESS

## Residential school survivors recall abuse



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news



A recent scientific breakthrough might be enough to persuade George H.W. Bush to reconsider his stance on broccoli. Scan the code for the story.

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On the web at [metronews.ca](#)

**In an emotional plea, Rick Mercer calls on gay public figures to 'make it better now' for gay youth. Video at [metronews.ca/video](#)**

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## Motion for fewer snow days gets frosty reception

A hot debate turned cold at last night's Halifax Regional School Board meeting as a motion that would have seen fewer snow days was defeated.

Member David Cameron put forth the motion, stating that schools should be

open and staffed on snow-days except in the most extreme winter weather. The board was split, voting 4-4, and in the event of a tie, motions are defeated.

Cameron argued students who can walk or get a drive to school could use

the day to play catch-up or get extra help.

But member Gina Gordon disagreed.

"As I see it, what meaningful work will be done on a day where half or less than half of the students show up?"

Other members brought up the issue of safety, noting the many students who may feel pressure to come to school even though it may not be safe to do so.

Suzanne Gray knows that dilemma all too well. Gray, the deputy student

advisor for the HRSB, told the board she flipped her car into a ditch last year driving from Hammond Plains to Charles P Allen High School in Bedford on a day that buses were cancelled but the school remained open. **ALY THOMSON**



► Construction continues on the skating oval on the Halifax Common in this photo taken from the Atlantica Hotel yesterday.

## Citizens weigh in on oval amenities

► Permanent oval position slightly shifted from Canada Games location for more space



**ALEX BOUTILIER**  
@METRONEWS.CA

While construction continues on the new permanent skating oval on Halifax's North Common, city hall is seeking input on the surrounding buildings and amenities for the site.

But the scope of questions at a feedback session last night expanded beyond the patch of public space near Cogswell

and North Park to a vision of the commons in their entirety.

Municipal staff solicited advice from the public at the Atlantica Hotel on what, exactly, they'd like to see around the Oval.

Construction on permanent amenities will not start until spring 2012. Staff will take the feedback gathered last night, as well as the results of an online survey through [halifax.ca](#), to produce a report for further

public consultation before delivering the final version to council next year.

Peter Bigelow, real property manager at the Halifax Regional Municipality, says the guiding principle for staff through the process is ensuring the oval is "as useful for as many people as (it) possibly can (be)" including a field in the middle of the track which can be used for ultimate frisbee or pickup football during

the summer.

One question for Haligonians to mull over is what vision they have for the Central Common, located just south of the oval. Bigelow explained that city hall has directed staff to work on an overarching plan for the entire commons, stretching from Cunard Street down to South Street.

"This is just the thin edge of the wedge on that question about the Central Common," said

### Have your say

► If you missed the session last night, you can still provide feedback on what shape you'd like to see the Oval take at [halifax.ca](#).

Bigelow. "We just thought we'd get people thinking about it, rather than thinking about just the oval, think about the whole Common."

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► Grand Chief Ben Silliboy, right, participates in a sweetgrass ceremony with Edward Perley from the Tobique First Nation before the third round of the Truth and Reconciliation Commission hearings in Halifax yesterday.

## Residential-school victim recalls pain

Commission has a five-year mandate to document history, inspire reconciliation with native communities

When he was six years old, Barney Williams told his father he had been raped at the Christie Roman Catholic school near Tofino, B.C. But his father — a staff member at the native residential school — didn't believe him.

Tears well up in Williams's eyes as he recalls the moment more than 60 years later when his ailing father finally apologized for doubting what happened in

### In the Maritimes

- The Atlantic region had one residential school, according to the commission.
- The Shubenacadie Indian Residential School was built north of Halifax in 1930.

the late 1940s.

"As I walked into the room, he said, 'I'm sorry for what I did to you,'" Williams said yesterday, the

first day of national hearings in Halifax for the Truth and Reconciliation Commission of Canada.

"That was my reconciliation. That was my moment of truth."

Now 72, Williams is a member of a committee helping other residential-school survivors as they come forward to tell their stories to the three-member commission.

THE CANADIAN PRESS

**►** Commission has a five-year mandate to document history, inspire reconciliation with native communities



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## New airport hotel announced

A Quebec company is pouring \$27 million into a new boutique hotel connected to the Halifax Stanfield International Airport.

Groupe Germain Hospitality announced yesterday it plans to open a 169-room hotel connected to the airport via an enclosed pedestrian walkway. The hotel will be built on the departures side, just off of the parkade.

Construction is set to begin soon, and the company expects to have the hotel operational by early 2013.

The hotel will be operated under ALT hotels, a banner of Groupe Germain Hospitality, which currently owns seven hotels in Quebec City, Montreal,

Toronto and Calgary.

"We've been looking to make inroads into the dynamic Halifax market for some time now," said Christiane Germain, in a release.

Southwest Properties and New Castle Hotels had previously planned a more than 170-room hotel for the site — but that deal fell through in early 2010.

"(Groupe Germain) came forward a few months later," said Peter Spurway, spokesman for the HIAA.

"We've been looking forward to having a hotel attached to the terminal for quite a long time. So we're tickled."

● ALEX BOUTILIER

### Suspect warning issued

Toronto police have released a photo of a murder suspect who may be on his way to Halifax.

Darnell St. Clair Wright, also known as Darnell Grant (pictured) is wanted in the Toronto murder

of 25-year-old Dartmouth man, Jefflin Beals.

The 32-year-old is accused of fatally shooting Beals during Toronto's Nutt Blanche event earlier this month. Wright is described as brown, 5-foot-10, 180 pounds, with black hair and tattoos on his neck. Police have urged the public to not approach the suspect, who is considered armed and dangerous.



● METRO

## Charges laid in summer arson case

Police charged two 21-year-old men from Dartmouth and Middle Sackville with arson and mischief this week stemming from an incident last summer.

"I'm elated," said Robin Barrett, owner of Barrett's Firewood, about an arrest being made in the case.

The RCMP and HRP said the suspects set a truck on fire at Barrett's Lumber in Beaver Bank around 2 a.m. on June 12.

When police and fire fighters arrived, the vehicle was engulfed in flames.

Firefighters extinguished the blaze, but the truck was extensively damaged.

"The people who did this are from outside the community," said Barrett. "So I'm really optimistic that we won't see anything of the magnitude that we've seen in the last couple of years."

The residents in Beaver Bank aren't strangers to vandalism. Two community centres in the area were hit by arsonists in September and October last year.

RCMP spokesman Const. Scott MacRae said it is unknown if the incidents are related to the truck fire.

The accused will appear in Dartmouth Provincial Court Dec. 14.

● HEATHER GILLIS

# Protesters surprised by eviction notice

► Grand Parade needed for Remembrance Day ceremonies ► 'We're in no hurry. That's why we've given them lots of time': Mayor Peter Kelly



Occupy Nova Scotia protesters mulled their options yesterday after getting an eviction notice to leave the public square in front of Halifax City Hall.

Mayor Peter Kelly wants the group to move elsewhere by the early evening of Nov. 6 so the Grand Parade can be cleaned up and readied for ceremonies marking Remembrance Day and Kristallnacht.

Protest spokesman Stuart Caldwell said the mayor's directive came as a surprise and they haven't worked out a response yet.

"We're sort of waiting to see how this is going to play out. We've discussed it at great lengths and at this

point we are exploring our options," Caldwell said.

He said the protesters want to speak to city officials to see if a compromise can be reached over the patchwork collection of tents pitched in front of city hall. About 70 people have been camping out peacefully in the square for the past two weeks.

Kelly said the city needs the Grand Parade to meet obligations to veterans for Remembrance Day and for the Dignity Day Ceremony on Nov. 9, which marks Kristallnacht, also known as the Night of the Broken Glass, during which at least 2,000 people died in 1938.

He has offered the pro-

**"We're not trying to shut them down. We're offering up another venue not too far from here with a high profile and a lot of traffic."**

MAYOR PETER KELLY

testers space on the Halifax Commons, a large park that's about a 20-minute walk away.

Jean Marie Deveaux, president of the Nova Scotia-Nunavut Command of the Royal Canadian Legion, said she hopes the protesters take the mayor up on

his offer.

"The protest is very peaceful and I'm sure that they will take their tents and go over to the Commons out of respect for the veterans," she said.

"I really can't see them staying there with their tents because we'll have about 5,000 people there."

Deveaux said they would likely have to find a different venue if the tents remain.

"It's not a viable option because of the considerable preparation work that's involved. The sheer logistics of moving people.... Grand Parade is not that big a space."

THE CANADIAN PRESS

## 'No signs of foul play' in skydiver's death: Police

The body of a Halifax native who went missing from his home in eastern Utah almost four months ago has been found by a hiker walking in a rocky area on the outskirts of the town of Moab.

David Brown, a profes-

sional skydiver, was last seen at 2 p.m. on June 29 after he walked away from his trailer without any money or identification.

His body was discovered by the hiker on Oct. 23 near cliffs surrounding the town.

Brown, 37, was a U.S. national champion skydiver, a skydiving instructor and a member of the Team Mandrin skydiving team.

Members of Brown's skydiving team, family members and power paragliders conducted a

volunteer search for two weeks after he was reported missing.

Moab police said they are awaiting autopsy reports and add "we have found no signs of foul play."

THE CANADIAN PRESS

# What do U do when U have it all? U give back

Singing star Jordan Croucher started going to the YMCA in Halifax at the age of 11 because he wanted to fit in with the cool kids.

"They had these corduroy jackets at the time," he remembers of the older boys on the basketball team. "It seemed like those were the cool cats in school. I wanted to be like them."

Croucher went on to play varsity basketball at St. Francis Xavier University in Antigonish, and then played professionally for one year in France.

Today Croucher — known musically as JRDN — has three Top 40 hits, including U Can Have It All, from his last album, titled IAMJRDN.

He attributes his success in music and sports to the time he spent at the Y.

"They taught us good fundamentals in life, not only sport," he says of the coaching and support he received.

Croucher, who grew up in Uniacke Square, returned to the Göttingen Street YMCA yesterday to give back and to shoot some hoops with the kids.

"You guys gotta put



**"It's a great cause for the community, you know. The kids spend a lot of time in the gym."**

JORDAN CROUCHER

school first," he said to the children in the gym, "especially if you want to move on and continue to grow."

Croucher, who lives in Toronto, is in Halifax to perform at the Community YMCA's A Place to Go ... A Place to Grow Dinner and Auction to raise money for the gym. The Y needs \$360,000 for repairs to the floor, scoreboard, sound system and bleachers in the 20-year-old facility.

"Everything needs to be done over," said Terry Dixon, director of programs and services. "It's in dire need."

HEATHER GILLIS

## Beware Halloween stores so shoddy, it's scary

The Better Business Bureau is warning shoppers to beware of pop-up Halloween stores and websites.

The BBB fielded more than 375 complaints from across North America about costume stores and websites last year. Common gripes included deliveries that were late or never arrived, poor-quality products and difficulty

getting refunds.

Consumers are advised to check a website's reputation, be clear on price, currency and shipping and use a credit card only on secure websites.

No complaints were filed against Halloween businesses in Halifax, says Don MacKinnon, president of the local BBB office.

HEATHER GILLIS

## Worth its weight in copper?

A man faces charges after a large amount of copper and welding equipment went missing from a Hali-

fax business. Joseph Wayne Bowser, 22, is charged with break-and-enter and possession of goods obtained by crime exceeding \$5,000. Police found items related to the theft at a residence where he was arrested.

THE CANADIAN PRESS

# The dark world of Mexico's cops

► Policing in Monterrey, Mexico, has become risky business ► This year so far, 100 officers have been killed  
 ► Metro delves into the world of Mexico's law enforcers and spends a day with them to learn how they work



METRO WORLD NEWS IN  
MONTERREY, MEXICO

Being a cop in Monterrey is considered a high-risk profession. The police in the capital of Mexico's northeastern state of Nuevo León receive constant death threats from drug-gang members and then do battle with them on the streets. Some extort money from citizens to make up for their meagre wages. Others receive payments from traffickers and become a halcón, or hawk, a kind of cartel informant.

If a cop doesn't comply with warring narcotic cartels, he'll be targeted and removed. So far this year, 100 law enforcers have been killed either by gunfire or grenade explosions.

At 7 p.m., we join a squadron in a local police station in downtown Monterrey. The team of three men and a woman begin patrolling Vista Hermosa, the Jewish quarter of the city until 7 a.m. At the doors to a convenience store, the guards stand on duty while eating some snacks. They carry high-calibre weapons and are protected by bulletproof vests. They drive an amped-up pickup truck.

Drinking on the street, grand and petty theft, damage to personal and commercial property and carrying weapons are the most common crimes in



► Being a police officer is a dangerous profession in Mexico, as cops receive constant death threats from drug-gang members. Inset: Attacks on police are now commonplace.

**"I'd like to see a militarization of the police force. It's time to allow the army to patrol the streets of our cities"**

HERVE CUELLAR, MEMBER OF THE CITIZEN'S COUNCIL FOR PUBLIC SECURITY FOR THE STATE OF NUEVO LEÓN

one night. On a quiet night, this station receives up to seven complaints of grand theft auto.

Back at the convenience store, we notice that the law enforcement officials are calm and chat among themselves. And yet, clientele at the convenience store look restless and agitated by the presence of the police, undoubtedly due to the bad image they have earned over the years, either because they are easy targets for criminals to shoot at, or because they are easy pawns for drug traffickers to exploit and use.

Last February, Homero Guillermo Salcido Treviño, head of intelligence for Nuevo León state, was found dead, his body in a

truck that caught fire in the centre of Monterrey — after he was kidnapped by two fellow officers.

"The worst thing is you do not know which of your colleagues is selling you out to the bad guys," said one of Treviño's relatives.

In truth, it appears what comes out of your pocket could be the real difference between life or death, as we found out in our night in the police station's jail cells.

## 2,400

Number of uniformed police officers working in Nuevo León. Monthly salaries for law enforcers are set on average at 15,500 pesos or \$1,160.

### Police corruption

1 In the San Pedro district of Monterrey, those arrested for drunk driving offences can accelerate the processing of their case by paying law enforcers a small fee. Foreign nationals, however, are exempt from this processing to avoid diplomatic confrontations and are released immediately.

2 Up to \$150 in cash is what detainees have to pay upfront to avoid a night in the cells.



3 While in some municipalities in the Monterrey metropolitan area

drivers can get rid of the penalties for drunk driving for up to \$8, bribing a San Pedro traffic official becomes an impossible mission.

4 Out of 100 times police filed a report, 10.3 times the citizens paid a fee. On average they pay up to \$13. More than 200 million acts of corruption reportedly occurred last year at all government levels, costing Mexican citizens around \$2.4 billion.

### Field notes

## A NIGHT IN THE CELLS

From the first minute I knew I was going into the local police station in downtown Monterrey my nerves went wild. By the back entrance, prisoners arrive, mostly for minor offences or positive alcohol tests.

Out of a group of two men and one women, all of whom seem to be friends, one man is free to go. The 30-something is told his friends could be set free if they each pay \$150. If not, 12 hours in the cells.

Beside the front door of the police station is an ATM from where he could get the money.

The police do not lose sight of the guy. He pays the fine; however, the police ask him to accompany them. They go down to the basement.

There, another officer asks for an increase in payment to speed up the release of his friends.

"How much is it?" the guy asks. "How much do you have?" the policeman replies.

The young man offers \$37, but the police say they will not accept anything less than \$225.

Again the police escort him to the ATM and ask if he has more money.

The man says his account has reached the limit and he can't withdraw more cash.

In the end, the 24-year-old girl is set free. It takes two hours for the second guy to be released.

EDITOR'S NOTE: FOR SECURITY REASONS, METRO MEXICO DOES NOT USE REPORTER BYLINES ON STORIES ON THE WAR ON DRUGS

# Sex trade is a family business

► Son introduced prospective employees to mom after working with them at phone help line for troubled teens



JAMES TURNER  
@METRONEWS.CA

A Winnipeg mom met prospective new sex-trade employees for her brothel through her son, who befriended them after working with them at a telephone chat line for troubled youth, a Manitoba court has heard.

Police and justice officials uncovered this and other surprising details about the city's sex-trade after being tipped to probe activities at the now-shuttered bordello on a quiet Wolseley street in June 2009.

**"She preyed on no one. What she did was illegal, yes. But she tried to provide a safe environment for those who chose to participate."**

EVAN ROITENBERG, LAWYER

A 48-year-old mother of two pleaded guilty yesterday to running a bawdy house. The Crown dropped other charges, including a count of corrupting children. The criminal case against the woman's ex-husband was also quashed.

A publication ban prevents publishing any information identifying people at the heart of the high-profile case, including the woman's children, who were 11 and 17 at the time of her arrest and lived in the home. A system was in place to ensure the younger child wasn't there when clients visited, court heard.

Following two weeks of surveillance, a police raid led to the seizure of business records showing the woman employed upwards of 12 sex-trade workers across various periods starting in early 2008.

The records included schedules of workers' various shifts, along with financial ledgers and Internet chat logs.



► Mitch Buthod of the Boulder Forestry Dept. clears large limbs from the yard of a home in Boulder, Co., yesterday.

PAUL AIKEN/THE DAILY CAMERA/THE ASSOCIATED PRESS

## Power knocked out

A winter storm knocked out power to at least 62,000 homes and businesses along the Front Range yesterday. The area from Boulder north to Larimer County has received most of the snowfall in the eastern half of the state.

## Quebec will not bite bullet on gun registry

The Harper government's plan to not only kill the long-gun registry but subsequently bury its data has run into resistance in Quebec, which wants to bring the controversial program back from the dead.

The provincial government says it intends to keep using the gun registry on its territory and will fiercely oppose plans to destroy the data.

Speaking at a news conference in Quebec City, Public Security Minister Robert Dutil yesterday refused to rule out legal action among his options.

A spokesman later explained that the province's Plan A is to maintain a respectful dialogue with Ottawa and negotiate a mechanism to save the records. If that fails, Plan B options will be weighed. THE CANADIAN PRESS

**Meet Donna.** She is a surgeon and has conducted extensive research at the IWK.

At the IWK, research is being conducted by experts from around the world. The results of this groundbreaking research have a wide-ranging impact internationally in the fields of gynecological care, maternity services, oncology, pediatric pain, mental health and obesity.

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Donna is one of many world-class professionals who are part of the IWK community.

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Donna Gilmour  
Surgeon and Researcher  
at the IWK

# Tourists flee Hurricane Rina's rage

► At least 8 cruise ships were changing paths away from the storm

Tourists fleeing Hurricane Rina crowded Cancun's airport yesterday even as the cyclone lost some of its punch while heading toward Mexico's resort-studded Caribbean coast.

Rina is forecast to remain a hurricane as it sweeps along Mexico's most popular tourist destinations of Cancun, Cozumel and the Riviera Maya, today, though forecasters predicted it would be downgraded to a tropical storm upon hitting land south of Cancun late tonight.

Lines snaked from ticket counters in the crowded Cancun airport as jumbo

## Rina weakens

► Rina's maximum sustained winds dropped to 135 kilometres an hour yesterday afternoon, down from 175 kilometres an hour earlier in the day.

airliners headed to Canada and Europe waited in pouring rain.

Authorities evacuated some fishing communities and closed schools along the coast of Mexico's Yucatan Peninsula, and NASA cut short an undersea laboratory mission near Key Largo, Florida.

THE ASSOCIATED PRESS



THE ASSOCIATED PRESS

## Italy lashed by killer floods

Torrential rains have lashed Italy from its northern Alps to the southern island of Sicily, causing flash floods that killed at least nine people and left six others missing, officials said yesterday. Roads and bridges were swept away and several towns in Liguria were cut off from the outside world. Rome was under a flood alert.



### Top 5: October 26<sup>th</sup>

- 5 David Guetta ft Usher - Without You
- 4 Adele - Someone Like You
- 3 Maroon 5 - Moves Like Jagger
- 2 Gym Class Heroes - Stereo Hearts
- 1 LMFAO - Sexy and I Know It

Weeknights at 9pm  
Tessa counts down  
the HOTTEST 5  
songs that day!



## Earthquake wipes out one man's family

Murat Sonmez's mother, wife and four daughters were crushed to death in their Ercis, Turkey, home by the 7.2-magnitude earthquake, leaving him so distraught he found it difficult to speak.

While media coverage has centred on tales of against-the-odds rescues including a two-week-old baby girl who was pulled alive from the rubble, most stories of the



trapped have ended the way that Sonmez knows, with death and unfathomable pain for those left behind.

"I was not at home," Sonmez said, lapsing into silence at times yesterday. "God gave them, God took them away. I can't find anything to say."

"I can't describe my pain," he said as he stood by a levelled four-story apartment building.

THE ASSOCIATED PRESS

He listed the dead: 32-year-old wife Meral, four daughters — two-year-old Nisa Nur, seven-year-old Meryem, 12-year-old Asli and 15-year-old Meral — and his 65-year-old mother, Hatice. They lived on the second floor, above some businesses. The third and fourth floors were occupied by Sonmez's brother and father, who managed to escape.

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## Pumpkins dumped onto freeway

Road workers found themselves plowing pulp after a truck dumped a load of pumpkins on a Detroit-area freeway during the morning commute.

Hundreds of pumpkins were scattered yesterday across several lanes of traffic on a highway in Farmington Hills, Mich.

Many of the pumpkins were pulverized as drivers passed through and WWJ-AM reports snow plows

had to be used to clear what remained of pumpkins from the roadway.

Video from a traffic camera showed motorists slowly making their way through the pre-Halloween mess.

Michigan State Police Sgt. James Kemp tells the Detroit Free Press that one motorist had a smashed windshield, but no injuries were reported.

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# CONFESSTION: I HAVE A THING FOR THE GOP

## HE SAYS ...

**JOHN MAZEROLLE**  
METRO



The U.S. has been a beacon for millions of people, but I'm probably the only person who's ever wanted to head there because of Republican presidential debates.

Yes, America's Grand Old Party is calling and I'm starting to listen.

Now before you have me maple-syruped and feathered, let me be clear: I love Canada. Anne Murray's as sexy as ever, peameal bacon wrapped in dulse and washed down with Clamato still hits the spot, and hearing the opening strains of "I'm a lumberjack and I'm OK" always brings a tear to the eye.

It's just that I find the Republicans — and the heartland that supports them — deeply alluring because, well, because they seem kind of nuts. It's a way-out foreign culture, every bit as exotic as those far-flung reaches of the globe I clamour to visit.

Canadians have a tendency to think of our southern neighbours as merely heavier, prouder, louder versions of ourselves — sort of Canucks dialed up to 11. But the Republican presidential debates remind me how wrong that is.

Usually, American TV misleads us, since it's made by liberal places that most urban Canadians find easy to swallow, like New

York and Hollywood.

Watching the American TV programs I did growing up, I believed that any young American tadpole (*The Muppet Show*) can admit to being gay (*Ellen*) but continue movin' on up (*The Jeffersons*) until he can afford a New York loft apartment that would cost more than the Iraq invasion (*Friends*).

On most American TV, the U.S. seems like Canada with better temperatures and thinner people.

But the Republican debates show me a culture so different I barely comprehend it. People applaud the mention of the death penalty. Nobody seems to know what taxes are for. Rick Santorum is seen as a normal person.

This is a place I want to learn about. If this were any other continent, I'd be deeply interested. I'd want to understand.

So though my gut reaction is to roll my eyes or worse, I instead want to learn the ways of this bizarre culture.

I want to see heartland America — more Jerry Falwell, less Jerry Seinfeld. More Bible Belt, which holds up the britches of the nation. Less San Francisco, where pants are optional.

This will require research, so I plan to watch a lot of bad television, eat free-range beef and drink beer, as best fits my current, close-minded understanding of heartland America.

Come to think of it, I've been researching to be an American all my life.

I'm gonna melt right in.

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



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Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

How far along are you in preparing your Halloween costume?

STILL TRYING TO DECIDE, WILL THROW SOMETHING TOGETHER LAST-MINUTE

30%

ALREADY 100 PER CENT PUT TOGETHER

20%

50%

HAVEN'T THOUGHT ABOUT IT/I HATE HALLOWEEN

## Letters

Cudos and a big "Well Done" to the CPC for living up to their promise to rid us of the ineffective and expensive long-gun registry. Hopefully this is only step one in the process of ridding Canada of other such failed and failing social engineering projects. It's a refreshing change to have some common sense coming out of Ottawa.

**MR. KEN DECARLE**  
GABRIOLA ISLAND, B.C.

So the government introduces a bill to scrap the long-gun registry because "we don't want laws that target law-abiding citizens."

But Bill C-11, to amend the Copyright Act, does exactly that — by making it illegal to circumvent digital locks that prevent copy owners from exercising their rights under the Act. At least gun owners currently get to use their property legally — C-11 will make it illegal to watch your own imported DVDs (because you have to bypass the region encoding TPM to do so).

**CHRIS BRAND**  
VANCOUVER, B.C.



► This photo, titled *Hidden Beauty*, was submitted to the Fashion category by nejaskaratas from The Netherlands.

## photo of the day

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at [metrophotchallenge.com](http://metrophotchallenge.com). The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

## WEIRD NEWS

### Earth invaded by Lego man

The sight of an eight-foot-tall Lego man evokes the paranormal and the unexplained, according to beachgoers on the Siesta Key Beach.

The statue, with the grammatically incorrect phrase "No real than you are" written on its chest, was discovered early Tuesday morning in Sarasota, Fla., according to the Daily Mail.

"I figured he probably fell down from up above somewhere," one man

told Tampa Bay 10 News.

"I kind of think it was from the UFO people," a female passerby told the news station.

The Washington Post reported Ego Leonard, the name on the back of the statue, could also be the artist responsible for the prank. The Sarasota Herald-Tribune emailed the artist for a comment, and his reply came back written as if it was from the Lego man himself. ■ METRO



► "I am here to discover and learn about your world and thoughts," the figure's website says.

## Local tweets



► **@CoyMoore:**

People of Dartmouth. You always complain when things don't happen in your town, and then you don't go to the ones that do. #jerks #Twushi

► **@Mhart902:** Why can't #Halifax get a decent hip hop act to come through this is atleast 5 concerts that's fell through #bulls--

► **@SarahChalet:** Shutting it all down. It is way too nice a day in #Halifax to be inside in front of a computer.

► **@LCLBruce83:** Definitely just spent my lunch break going all the way to

Dartmouth for a latte #coffeesnob #tibs . So worth it.

► **@iamthecokebaby:** About to watch 3 musketeers in Bayers Lake. I'm the only one in the theatre. Doesn't bode well for movie quality.

► **@hollyadunn:** Stoned, blue-haired, dread-locked occupant of Occupy Halifax passed by clutching a beer and searching for multi-coloured aliens.

► **@LukeMD6:** "IF THE PISS BUCKET IS FULL MAKE SURE YOU DUMP IT OUT AFTER YOU USE IT" -overheard at an important #occupyns meeting

**News in brief****Investors take a hit for Greece**

**DEBT.** Private investors agreed this morning to accept losses of 50 per cent on their Greek bonds removing the last apparent roadblock to a European plan to solve the debt crisis. Leaders had already agreed to force banks to raise \$148 billion US by June.

THE CANADIAN PRESS

**Market moment**

TSX	Dollar
+ 76.31 (12,186.06)	+ 1.12¢ (99.52¢ US)
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# Two surveys, same worries

**Consumer confidence hits lowest level since 2009, points indicate**

Consumer confidence has dipped to levels last reported two and a half years ago during the depths of the recession, as Canadians grapple with higher everyday costs, record debt and fears

of major downturn.

The Conference Board of Canada said yesterday that its index of consumer confidence fell 3.3 points to 71.8. The index, based on a survey conducted this month,

is measured against a reading of 100 in 2002. A separate survey by the Royal Bank of Canada garnered the same results.

Both come as Canadians deal with higher prices for

gasoline, food and clothing, record debt spurred by ultra-low interest rates, and stock market turmoil that has eroded nest eggs amid signs of slowing economic growth. THE CANADIAN PRESS

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interior

**2011 Chev Impala LS**

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Loaded, Balance of  
Factory Warranty

**2007 VW Golf**

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Loaded, Low km

**2007 Ford Sport Trac**

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Loaded, Cloth

**2007 Jeep Wrangler**

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Loaded, 2-Tops



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**Walking Dead**

AMC network said on Tuesday that its hit zombie drama, Walking Dead, just two weeks into a second season, will be returning for a third season. Sunday's episode drew an audience of 6.7 million viewers for the early airing.

**THE ASSOCIATED PRESS**



Simon Cowell talks voting on The X Factor by using social media like Twitter and Facebook



# Rocking to gypsy jazz

► **Gypsophilia leaving its mark on East Coast music scene** ► **Performing at The Seahorse**

## BACKSTAGE PASS

JENNA CONTER  
METRO HALIFAX



The idea of klezmer music reminds me of stories about the hardships of the old country featuring Bubby, Zaida, violins and bowels

of borscht.

So when I first heard about a seven-piece klezmer band from Halifax, I was intrigued.

Gypsophilia, a band made of seven individual artists thrown together, as described by guitarist Ross Burns, first performed by chance at the 2004 Halifax Jazz Festival.

"It was just supposed to be one gig but enough people were into it, asking when we were going to

play again so it started to seem as though we actually had a band," he said. "One of the things that comes with playing together is maturity and a better sense of strengths and weaknesses."

Seven years later, and two albums and an ECMA to boot, it seems Gypsophilia proves good things don't happen by accident.

Merging seven, individual artists is no easy feat,

however Burns admits it's the variety of talent that provides the group with its versatility.

"With a band of seven people there are a lot of different backgrounds represented, so as far as what people bring to our sound, it creates a flow and mixture," he said.

Pulling his weight in the group, Burns taps into his background to inspire his composition Montreal, found on their latest al-

bum Constellation.

"I thought of my grandparents in 1936 taking their honeymoon road-trip to Montreal. It creates a romantic, nostalgic image of the city from that time," Burns said.

"Instrumental music starts with an emotion — you could create a piece of music and it could just be a musical exercise but more interesting to me is that it all starts from a certain, emotional idea."

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**Celebrity tweets**

Today, Joan Rivers is passing judgment, Will Arnett is trying to keep up with online lingo, Victoria Beckham is feeling popular, and Conan O'Brien is considering his investments.

"DR. CONRAD MURRAY IS GUILTY (of wearing boring ties)!!!!!"



@Joan\_Rivers

wow! two million followers!!Thank u so much for all your support!!!!



@victoriabeckham

"pwned" Are we back to saying that yet? Where are we on "Epic Fail"



@arnettwill

"Gaddafi may have been worth \$200 billion when he was killed. Even more tragic, he was just 2 days away from retirement."



@ConanOBrien

**New day, more bail for the Lohans**

The estranged father of actress Lindsay Lohan made his first appearance in court on domestic violence charges. Judge Walter Heinrich set bail at \$5,000 for Michael Lohan on Wednesday. Lohan is accused of grabbing his on-and-off girlfriend and pushing her down multiple times during an argument at her Tampa condo Sunday. The judge told Lohan to stay away from 28-year-old Kate Major.

THE ASSOCIATED PRESS



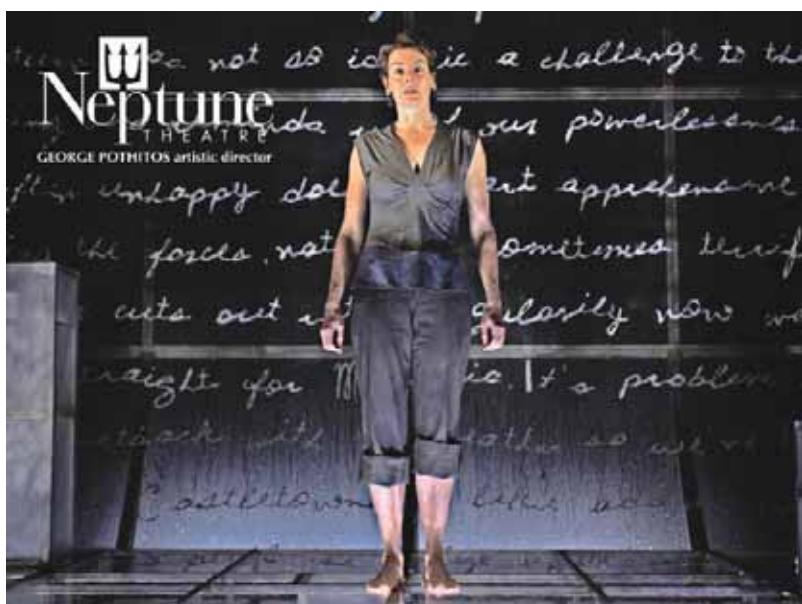
► Michael Lohan

**Pattinson feared showing skin**

Robert Pattinson admits that he was nervous about showing some skin in the more intimate scenes of the Twilight Saga: Breaking Dawn — Part 1, thanks in no small part to his co-star Taylor Lautner. "I had never

been so worried about that before, but after seeing how much Taylor works out for the movies, I thought, 'Well, everybody is really going to judge me now.'

● METRO



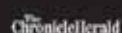
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**Jen Aniston sets the record straight**

► Tells Hello she's not pregnant, not getting married

Jennifer Aniston is speaking out about her personal life, chatting with Hello magazine to clear up a couple of rumours. "Rumour number one: I am not planning to get married any time soon," says Aniston, who is currently dating Justin Theroux. "I've been married once, and I don't know if I'll get married again. But I can tell

you that as of this very moment, I have no plan to get married. Got that?" Of course, that wasn't all she wants to clear up. "And rumour number two, we're not pregnant," she says, addressing speculation about her weight. "It's just I quit smoking, so I've gained a couple of pounds."

● METRO



► Jennifer Aniston

**It's Canadian puppy love for Selena, Justin**

Selena Gomez and Justin Bieber capped off their visit to Winnipeg by adopting a 10-week-old husky puppy named Baylor, according to People magazine. "They spent a lot of time with the puppies. I was told that [Selena] was missing the dogs that she has at home," says D'Arcy Johnston, who runs the rescue the pair visited. "Baylor probably would have had a bad life or a very short life. But he got rescued ... and is now going to live a very good life."

● METRO



► Justin Bieber and Selena Gomez

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► How does the Versace for H&M 'greatest hits' collection stack up against the real thing?  
 ► Metro's Kenya Hunt compares the high street clothes, which are based on the luxury brand's past collections, with the expensive originals.

# The archives for less

When you consider that they all tend to follow the same formula, it's hard to believe that collaborations between famous designers and mass market brands

can still generate the level of excitement that Donatella Versace's new collection for H&M has.

Each launch, without fail, comes with the shiny

'Greatest hits!' label attached.

But let's be honest; shoppers want dresses that scream designer, not chintzy knockoff — as in,

"Are people staring at me because they think this is the real thing or because my skirt looks flammable?" Frankly, there haven't been a whole lot of high-low col-

laborations that have struck the right balance.

So with that in mind, we compare H&M's latest with a few standouts from the Versace archives.



**1**

This dress, which is straight from the SS'12 show, has that "just off the runway" feeling. The H&M version may not have the leather strips and asymmetry that the catwalk dress does, but it impressively nails the maximal, studded to the Gods look of the original.



**2**

Donatella replaces the original's Greek key pattern — a trademark of the Versace house that appears on other items in the H&M collection — with graphic hearts. The patterned fringing and cut-out shoulders are just right.



**3**

These tropical trousers will make a colourful alternative to the festive cocktail dress for your office holiday party. That said, the H&M incarnation out-Versace's the Versace pants in loudness, even if they are missing the little baroque patterned trim at the hem.



**4**

On paper, the two are nearly identical. The flashy buckle and gilt waistband are there. But the H&M belt may turn silver after a few too many wears.



## The grade

As far as greatest hits collections go, the H&M line feels more like new Versace than old. But it does a great job of recreating the brand's money-is-no-object look by steering clear of fancy fabrics that are impossible to re-do on the cheap and sticking with the fun details that make the garments stand out in the first place. That said, maybe just steer clear of the gold accessories.

### Jeanne Space



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne\_Beker:  
**When it comes to Halloween partying, should we dress for STYLE or COMFORT? And what is scarier: having bad style...or being uncomfortable?**

- @MrsMurray\_at\_FT: It's scarier to have bad style, always.
- @Jeanne\_Beker: SO, if it's a SCARY "costume" we're after, I guess just exercise BAD TASTE!
- @dangoodbaum: more importantly: sexy or scary? I say Amish costume beats sexy nurse hands down.
- @Jeanne\_Beker: Both those looks sound equally scary if you ask me...



►@Jeanne\_Beker: Edgy elegance  
 @Denis\_Gagnon

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 JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

## Fiction to fashion

### TATTOO LINE



Swedish fashion retailer H&M says it will release a collection of clothes inspired by the rebellious character Lisbeth Salander in Stieg Larsson's bestselling crime novel *The Girl With the Dragon Tattoo*. The fashion chain says the collection is designed by designer Trish Summerville, who created Salander's outfits in David Fincher's upcoming U.S. film versions of Larsson's three-book crime series.

THE ASSOCIATED PRESS



Fashion icon Margit Brandt dies; instrumental in breakthrough for Danish fashion

3  
life

# The art of mashed potatoes

► These recipes prove the side dish can be the star of the show ► Try topping meatloaves with the starch

## DINNER EXPRESS

EMILY RICHARDS  
FOOD@METRONEWS.CA



Sometimes, meat isn't your only leftover. If you have a pot of leftover mashed potatoes, try these Mashed Potato Topped Jumbo Meatloaves.

### Preparation:

- 1** In bowl, mash potatoes and  $\frac{1}{4}$  cup (50 mL) of the broth; set aside.
- 2** In skillet over medium heat, melt butter and cook shallots, garlic, pepper, oregano and

thyme for about 3 mins. or until softened. Let cool slightly.

**3** In bowl, combine egg, remaining broth, bread-crumbs, cheese, salt and pepper. Add beef and shallot mixture and mix with until combined.

**4** Divide mix among 6 sprayed jumbo muffin tins and press down to flatten. Top each with about  $\frac{1}{3}$  cup (75 mL) of mashed potatoes. Bake in 375 F (190 C) oven 35 mins. or until meat thermometer reaches an internal temperature of 160 F (75 C) and meat is no longer pink inside.

**5** Sauce: Return skillet to medium high heat and

melt butter. Cook mushrooms, thyme, salt, pepper 10 mins. Stir in flour and cook, 1 min. Pour in broth and cream and bring to a simmer. Simmer 3 mins. or until slightly thickened. Serve with meatloaves. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

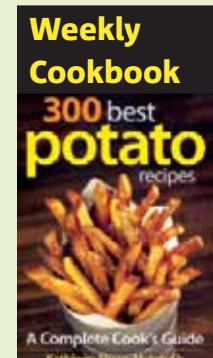
### Ingredients:

- 1 tbsp (15 mL) butter
- 2 shallots, finely chopped
- 3 cloves garlic, minced
- Half yellow pepper, diced
- 1 tsp (5 mL) dried oregano leaves
- $\frac{1}{2}$  tsp (2 mL) dried thyme
- 1 egg, lightly beaten



► This recipe serves six.

EMILY RICHARDS



Calling all potato lovers — Kathleen Sloan-McIntosh has just the book for you. **300 Best Potato Recipes** (Robert Rose, 2011) boasts a collection that runs the gamut from instructing on classics — the perfect mashed, baked, roasted and fried potatoes — to introducing innovative and modern dishes.

Enjoy recipes such as: African Sweet Potato and Peanut Soup, Mum's Potato Breads, Green Chile Curry with New Potatoes.

**Mushroom Sauce**

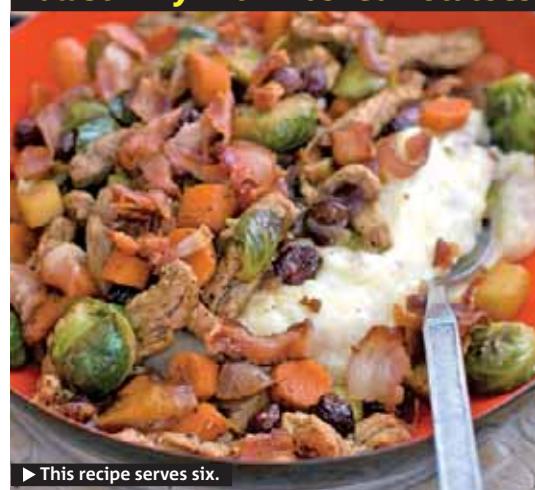
- 1 tbsp (15 mL) butter
- 1 pkg (8 oz) button mushrooms, thinly sliced
- $\frac{1}{4}$  cup (50 mL) freshly grated Parmesan cheese
- Pinch each salt, pepper
- 1 lb (500 g) lean ground beef
- 2 cups (500 mL) leftover mashed potatoes

► Stray from stir-fry tradition by using potatoes instead of noodles or rice ► Employ fall ingredients

### Preparation:

- 1** In a large, deep skillet over medium-high, cook bacon until crisp, about 5 minutes. Use a slotted spoon to transfer bacon to a paper towel-lined plate to drain, leaving fat in skillet. Over medium-high, add pork strips and sear to brown, about 2 minutes. Transfer pork to a plate; set aside.
- 2** Reduce heat to medium; add onion, sage and cinnamon. Cook for 5 minutes or until onion begins to brown at edges. Add carrots and brussels sprouts and sauté for 5 to 6 minutes or until starting to brown. Add broth, then cover and cook for 10 minutes.
- 3** Return pork to pan, add cranberries, then cook,

### Fall Stir-Fry with Mashed Potatoes



► This recipe serves six.

MATTHEW MEAD / THE ASSOCIATED PRESS

uncovered, for another 5 to 6 minutes or until pork has a hint of pink in centre. Season with salt and pepper to taste.

Serve over mashed potatoes, crumbling bacon on top.

● **EMILY RICHARDS / THE ASSOCIATED PRESS**

### Ingredients:

- 250 g (8 oz) side bacon strips
- 340 g (12 oz) pork tenderloin, cut into thin strips
- 1 red onion, sliced
- 5 ml (1 tsp) dried sage l
- leaves
- 2 ml (1/2 tsp) ground cinnamon
- 500 g (1 lb) carrots, peeled and cut in 1-cm (1/2-inch) chunks
- 500 g (1 lb) brussels sprouts, quartered
- 125 ml (1/2 cup) chicken broth
- 125 ml (1/2 cup) dried cranberries
- Salt and black pepper
- Mashed potatoes, to serve

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# Fall for sophisticated pops of colour

► Spicy autumn colours are all the trend ► Add small kicks of deep purple, brick red, rich pinks or burnt orange

## DESIGN CENTRE



KARL LOHNE  
HOME@  
METRONEWS.CA

As we prepare to welcome fall into our homes, we can officially leave the light, breezy tones of summer behind and turn to the deeper shades of the upcoming winter season.

The classic colours associated with autumn are burnt oranges, brick reds, dark plums and deep cranberries.

Bright, crisp colours feel less fashionable now and the colours of fall are dramatic, strong and exotically sophisticated.

Some may recognize these trendy tones as those that defined decor of the '70s and '80s (remember rust corduroy sofas and E-Zbrick faux walls?) but what goes around rarely comes back the same way.

Deep reds and rusty oranges have reappeared in more formal textures like silk, rather than the casual

### Come see me!

I'll be speaking on the main stage at the International Home Show on Oct. 27, 28 and 29.

► Get some advice: I'll also be answering your decorating questions one-on-one Friday and Saturday, so bring your floorplans, photos and samples along.  
► For more information and tickets, visit [internationalhomeshow.ca](http://internationalhomeshow.ca).

corduroy and heavy fabrics of their past lives.

Warm greys and cool taupes are still the ultimate neutral, but pops of spiced colour on a focal point or accessory are fun ways to bring in colour without a major commitment.

Adding small kicks of deep purple, brick red, rich pinks or dark orange to an accent wall, patterned pillow, glass lamp, or two side chairs in a living room can make a big impact with the trends.

The best way to incorporate the sophisticated drama of fall's hottest hues is to contain it to small areas around your space.



► Kilim upholstered sofa adds fall's rich purple and red in an exotic way. Kilim Sofa, West Elm



► An accent wall painted Benjamin Moore's Rhubarb can warm up a neutral space.



► Add colour to your space with exotic accessories like genuine Kantha throws, Pottery Barn.

Paint the inside walls of a coat closet in a bold, high-gloss colour and get a big burst of shine every time you open the door.

Perk up forgotten spaces like small ceiling areas in an entryway or powder room and add punch by simply painting your linen closet door a strong trend colour.

Beyond walls and ceilings, furniture can also be updated with a dash of drama.

The interior of an armoire or china cabinet could be painted or wallpapered to leave just a hint of colour and texture peeking through.

Benjamin Moore's Rhubarb is fall's go-to fashion colour.

High-gloss provides sheen and shine, allowing hits of colour to really stand out while adding glamour.

Consider reupholstering your dining room seat cushions a rich purple, rust or cranberry to add a surprise of colour when dining.

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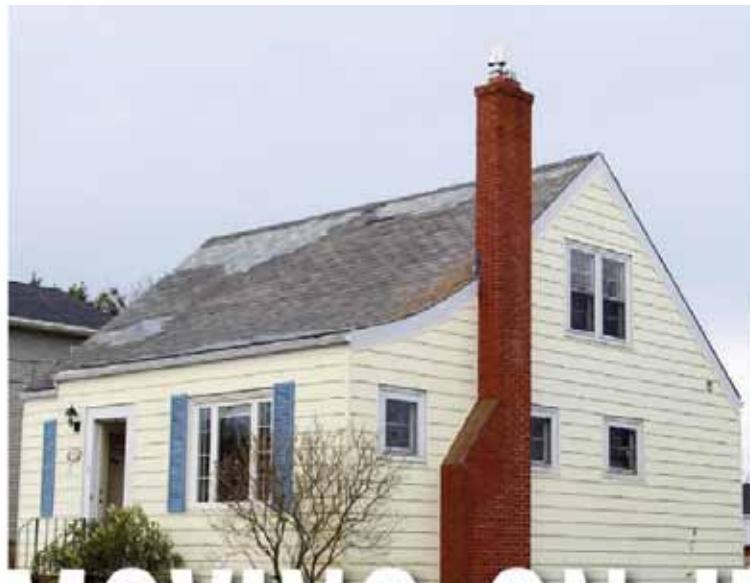
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The home before and after the renovation – a dramatic difference.

# MOVING ON UP RENOVATION LEAVES COUPLE 'THRILLED WITH RESULT'

After four months renting a basement apartment while the west end Halifax home they bought in 2004 underwent a major renovation, Natalie MacLellan and Dave Henry were happy to move back in September.

"We're thrilled with the result," says MacLellan.

Originally built in 1949, the small storey-and-a-half home had 1,200 square feet of living space. The main floor consisted of a living room, kitchen, dining room, spare bedroom and bathroom; the upper floor had two small bedrooms and the basement was unfinished.

Today the home boasts 1,620 square feet of living space, based on a blueprint drafted by Atlantic

Home Designs. "The main floor was gutted down to the studs, and many walls were taken out," says Andrew Watson, the owner of Whitestone Developments and the journeyman carpenter in charge of the renovation.

"The focal point of the design was the new kitchen." An 8' x 11' addition was created on one side of the home to make a kitchen area more than twice the original size.

A new front deck and foyer were added to the front of the house.

Across the hall from the dining room is the new "great room"; it's four feet longer than the original design and includes a fireplace with a wood-stove insert. Off the great room is a new multi-purpose room. Two

French doors lead into this space, which is used as an office and contains a desk, bookshelves and a pull-out couch. The main-floor bathroom, which was gutted and reinstalled, has a new toilet, vanity and walk-in shower.

A new oak hardwood staircase leads to the renovated second storey,

which features three bedrooms and a full bath. The home's exterior was transformed by adding a deck, peaks and windows. Finally, blue PVC shake siding, along with white Cape Cod wood siding, was installed. "We achieved our goal, which was to update our house but keep its post-war character," says MacLellan.

## GREEN LIVING

The renovated home now has the following energy-efficient upgrades:

- new double glazed LowE/Argon-filled windows
- low-flow faucets and low-flush toilet
- low-toxicity paints, varnishes and adhesives, which produce no off-gassing
- recycled cellulose insulation in the attic
- energy efficient CFL light bulbs
- Energy Star refrigerator, dishwasher and washer/dryer

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# KEEP INDOOR AIR FRESH THIS WINTER

Winter months bring everyone indoors and the cold temperatures outside make air exchange difficult when you don't want to open the windows.

With reduced fresh air circulation, moisture and pollutants can be trapped inside your home, which is especially irritating for those who suffer from asthma or allergies. Improve the indoor air quality and manage moisture in your home this winter by addressing these common problems.

#### Have a plan to manage moisture.

Indoor moisture can accumulate in the winter months, causing mould to form. If your home has common signs of moisture problems, such as a musty smell, condensation on windows, white powdery stains on concrete

floors and discolouration on walls, ceilings or floors, consider the following action:

- Use proper ventilation, such as a fan vented to the outdoors or opening a window, when showering or cooking with a gas range or oven.
- Limit the use of humidifiers and set up a dehumidifier in damp areas inside the home, especially the basement.

#### Install insulation that reduces airborne moisture.

Quality insulation can help regulate temperature, moisture and overall health by preventing mould growth in the home. Installing an insulation or air barrier product like Icynene can contribute to better indoor air

quality by creating a complete air-seal minimizing airborne moisture. Look for an insulation that:

- Doesn't off-gas into the indoor environment and is HFC-free and PBDE-free;
- Minimizes the entry of outdoor allergens and pollutants into your home;
- Is not a food source for mould.

#### Reduce use of indoor pollutants.

Indoor air pollutants that may not bother you in the warmer months can accumulate in the winter and deplete

air quality. Decrease pollutants in the home by:

- Limiting sources of volatile organic compounds (VOCs) found in common household products, such as cleansers and paint.
- Opt for products in spray bottles rather than aerosols, as aerosols produce a finer mist that is easily inhaled.

You can learn more about the role insulation can play in improving indoor air quality online at icynene.com.

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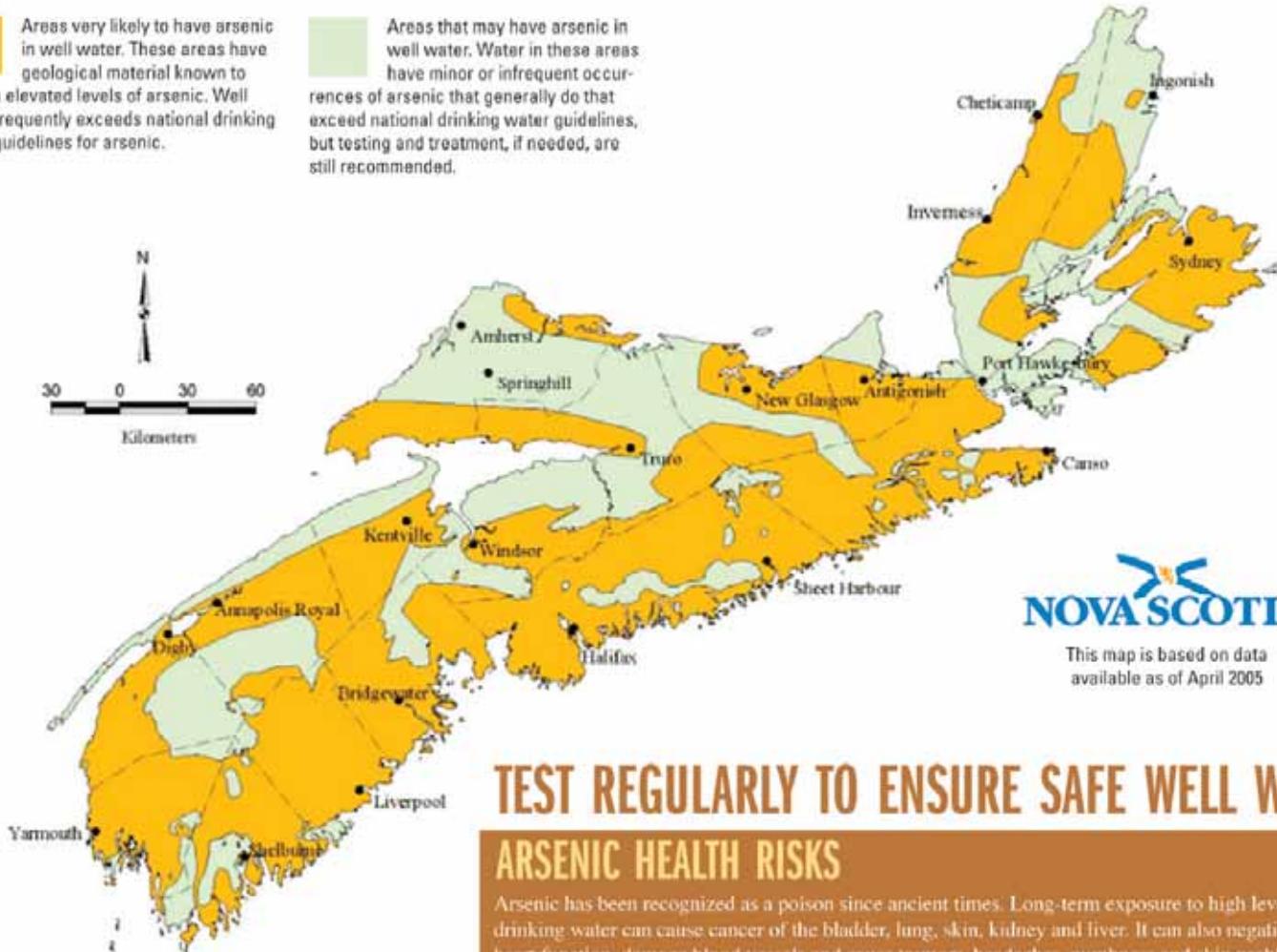
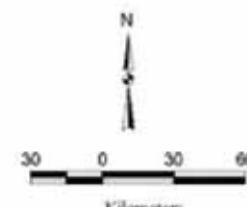
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 Areas very likely to have arsenic in well water. These areas have geological material known to contain elevated levels of arsenic. Well water frequently exceeds national drinking water guidelines for arsenic.

 Areas that may have arsenic in well water. Water in these areas have minor or infrequent occurrences of arsenic that generally do not exceed national drinking water guidelines, but testing and treatment, if needed, are still recommended.



This map is based on data available as of April 2005

## TEST REGULARLY TO ENSURE SAFE WELL WATER ARSENIC HEALTH RISKS

Arsenic has been recognized as a poison since ancient times. Long-term exposure to high levels of it in drinking water can cause cancer of the bladder, lung, skin, kidney and liver. It can also negatively affect heart function, damage blood vessels and cause tremors, headaches, numbness and skin problems.

When Tracey Giordani bought a house in upper Sackville in 2006, her bank requested that she test her drilled well for coliform bacteria, which she did.

But it didn't occur to Giordani, the owner of independent water testing and treatment company Evolution Water, to test for arsenic until two years later.

"At that time, several clients in my area were asking me to test their drilled wells for arsenic, which was a red flag," says Giordani. "When I tested my well water, it was just under the acceptable level for arsenic." She treated the water to purify it and tests it every year, a process she became even more vigilant about after having daughter Kayle in 2010.

In fact, drilled wells in and around Mount Uniacke, Upper and Middle Sackville, Beaverbank and Sambro tend to test positive for arsenic. "Homeowners should know that while boiling water kills coliform bacteria, it actually concentrates arsenic," says Giordani.

About 46 per cent of Nova Scotians get water from their own wells. "For people with private wells, the only way to make sure their water is safe is to test it regularly," says Giordani, who recommends yearly testing. "Just

because you can't see, taste or smell anything strange doesn't mean there isn't a problem."

Evolution Water also tests for coliform bacteria, uranium, iron, lead and fluoride.

Evolution Water's motto is Purity is Our Passion. "When I test well water that is tainted, I'll recommend a system that will ensure safe drinking water and clean water for bathing, washing dishes and doing laundry," says Giordani. "It's great peace of mind for homeowners to know their water is safe."

Evolution Water is offering 15 per cent off well water testing until Oct. 31. For more information, visit [evowater.ca](http://evowater.ca) or call 252-3363.

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Evolution Water owner Tracey Giordani with daughter Kayle.

# TOP 10 WAYS IN WINTER TO MAXIMIZE INDOOR COMFORT

Home-heating bills can pack a punch into household budgets as Canadians prepare for the cold winter months ahead. Hiring a licensed contractor to inspect your furnace and clean your filters is a top priority before the temperature dips down, but be sure to consider the following elements that help maximize indoor comfort when the weather outdoors becomes too much to bear.

With frosty temperatures on the horizon, The Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI) offers 10 simple suggestions to help Canadian homeowners make the most of their home heating system and keep the costly energy bills at bay during the colder months.

## 1. AUDIT DOESN'T HAVE TO BE A BAD WORD.

Have a licensed professional conduct an energy audit of your home to help assess the efficiency of your current heating system. This audit will show you how and where your home loses energy, as well as it will help you save on your monthly bills and increase your home's re-sale value. An official ecoEnergy evaluation may also qualify you for some healthy government incentives to make energy-saving home improvements.

## 2. YOUR HEATER NEEDS A JACK-ET, TOO.

Wrap your hot water heater in an insulating jacket, preventing standby heat losses.

## 3. SPRING CLEANING.

Clean or replace filters on forced-air furnaces every three months.

## 4. LET THE LIGHT IN.

Open your curtains or blinds so the light from the sun can help heat rooms that receive direct sunlight.

## 5. INSTALL A HUMIDIFIER.

Moist air feels warmer than dry air and can help you feel comfortable even though your thermostat is set at a lower temperature. Hire a licensed contractor to install the humidifier to ensure it is done correctly.

## 6. BOOK A TUNE UP.

Schedule an annual tune-up for your boiler, furnace or heat pump to ensure that your heating equipment is operating at peak efficiency. Visit the HRAI website to locate the appropriate professional in your area.

## 7. TURN IT DOWN.

Install a programmable thermostat that can be set to lower the temperature when you are away from the home or at nighttime, helping your family save on energy costs. Hire a licensed professional to install one of these thermostats so you can start saving on your monthly energy bills.

## 8. PICK YOUR FAVOURITES.

Close off heating vents in rooms that are not regularly occupied to maximize the heat in those rooms that are used most.

## 9. DON'T LET HEAT ESCAPE UNNECESSARILY.

Keep your doors and windows shut and make sure they are properly sealed so you keep the heat in when you need it.

## 10. CLEAR THE WAY.

Make sure all of your heating vents and baseboards are clear of obstructions and furniture to allow for maximum output from your heater.

You can find a licensed heating contractor in your area who can help ensure your indoor comfort is maximized (and your energy bills mini-

mized) this season online at [hrai.ca](http://hrai.ca).

— NEWS CANADA

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# 4 sports

More sports



**HALIFAX NATIVE MIKE SQUIRES, A RECEIVER FOR THE ACADIA AXEMEN, HAS BEEN NAMED CANADIAN INTERUNIVERSITY SPORT FOOTBALL PLAYER OF THE WEEK.**  
**THE FOURTH-YEAR ATHLETE CAUGHT EIGHT BALLS FOR 166 YARDS AND FOUR TOUCHDOWNS TO HELP THE AXEMEN CLINCH FIRST IN ATLANTIC UNIVERSITY SPORT WITH A 41-28 VICTORY OVER THE SAINT MARY'S HUSKIES LAST SATURDAY.**

## Mooseheads show 'firepower' to Armada

Once the Halifax Mooseheads shook off their bus legs, there was no stopping them.

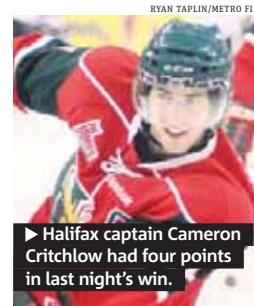
The Mooseheads, who bussed from Halifax to Montreal earlier this week, bounced back from a 4-0 second-period deficit by scoring a whopping seven unanswered goals en route to a 7-5 victory over the Blainville-Boisbriand Armada.

"Obviously we don't want to see a game like that

every night, but it's nice to know we have some firepower and the ability to come back," said Mooseheads general manager Cam Russell.

It's the seventh win in the past eight games for the eighth-place Mooseheads, 10-5.

The Mooseheads scored four goals in a six-minute, 57-second span in the second period to even things up, with over-age captain Cameron Critchlow setting



► Halifax captain Cameron Critchlow had four points in last night's win.

up Alexandre Cote and Travis Randell to start it

off.

Critchlow finished with a goal and three assists and Russell credited his line with Randell and Brad Cuzner for getting the Mooseheads back in the game.

"The three of those guys played extremely well," Russell said. "They got us out of it when we were down — they never stopped — and the other guys followed their lead."

Cote had a goal and two

assists, centre Brent Andrews a goal and an assist, and rookie defenceman Josh Desmond three assists. Netting the other singles were Alexandre Grenier, Trey Lewis and Nathan MacKinnon, while rookie goalie Zach Fucale made 21 saves.

The Mooseheads have back-to-back games against the Val-d'Or Foreurs on Friday and Saturday to wrap up the three-day road trip to Quebec.

## Big win gives Huskies confidence

► Saint Mary's beats St. F.X. to avenge loss in last year's AUS semis



**MATTHEW WUEST**  
@METRONEWS.CA

Don't write the Saint Mary's Huskies off just yet.

The Huskies, a perennial contender and the 2010 national champion, shook off a sluggish 1-3 start to the Atlantic University Sport men's hockey season last night, earning a tidy 5-3 victory over the nationally-eighth-ranked St. Francis Xavier X-Men at the Forum.

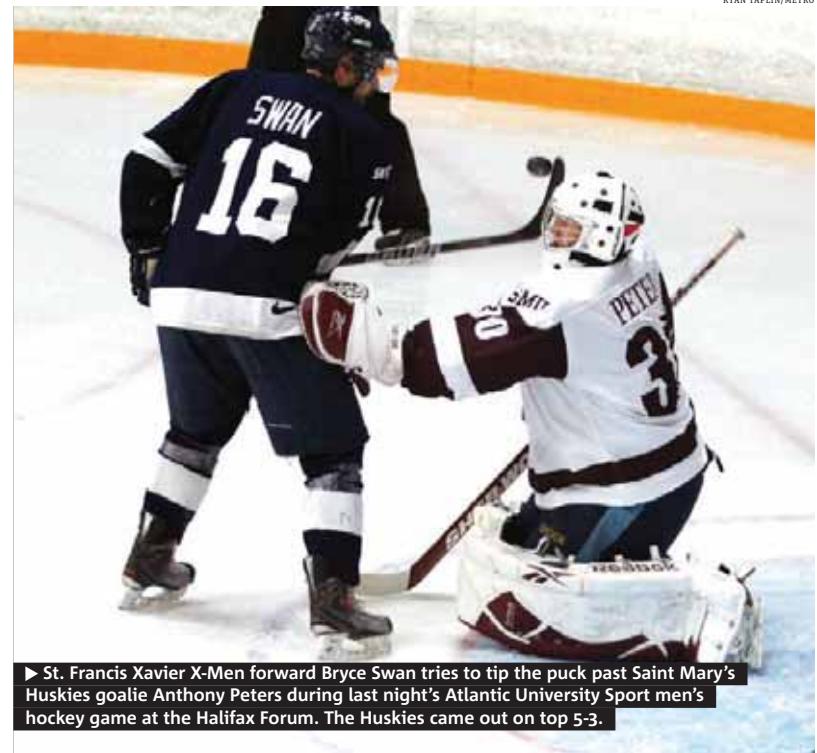
It was a win that was as important as it was impressive for a young team featuring eight freshmen and six sophomores.

"It's definitely good for our egos and good for our confidence," said Huskies rookie defenceman Michael D'Orazio, who scored what stood to be the game-winner on a two-man power play in the second period.

"We played a great game." Returnees Brad Smith, Chris MacKinnon and Colby Pridham scored early before rookies D'Orazio and Josh Domingues stepped up with key goals later. Fellow freshmen Gerrad Grant and Jamie Doornbosch picked up two assists apiece and rookie stopper Anthony Peters made 26 saves.

Youthful contributions like last night's are critical given all-Canadian losses of Andrew Hotham and David MacDonald on defence as well as captain Justin Munden and ex-NHLer Mike Danton up front.

"They're first-year guys but they play like they're in third or fourth year," said Huskies fifth-year centre Cam Fergus. "We lost a couple of key players and those guys are coming in and doing the job for us so far. We just hope it continues."



► St. Francis Xavier X-Men forward Bryce Swan tries to tip the puck past Saint Mary's Huskies goalie Anthony Peters during last night's Atlantic University Sport men's hockey game at the Halifax Forum. The Huskies came out on top 5-3.

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To nominate a Local Youth Athlete of the Week, send picture and particulars to: nomination@eastlink.ca

Weekly winners will receive a plaque from Nova Trophy and EastLink prize pack.



## Dartmouth paddler helps bring home gold

Dartmouth's Una Lounder was part of Canada's first gold-medal-winning sprint canoe-kayak team at the Pan American Games in Guadalajara, Mexico, yesterday.

Lounder teamed up with fellow Nova Scotian Alexa Irvin of Kentville, Kristin Gauthier of Ottawa, and Kathleen Fraser of Oakville, Ont., to finish the K-4 500 metres in one minute, 37.724 seconds edging host Mexico at 1:37.799. Cuba was third at 1:39.105.

"It was a really good race for us," Lounder said. "At the end, we weren't even sure if we had won, and we were so excited when we saw it was gold. I raced in the K-4 last year at the Pan Am championships and finished out of the medals, so I'm happy with this result."

In the women's K-1 500, Emilie Fournel of Lachine, Que., celebrated her 25th birthday by qualifying directly for Saturday's final, winning her heat in 1:57.386. The gold medallist in Saturday's race will earn her country a quota spot for the 2012 Summer Olympics.

Paddling action at the Games continues through Sunday. Other Nova Scotians competing are Ryan Cochrane, Richard Dalton, Andrew Russell and Connor Taras.

METRO HALIFAX



### Second gold

Philippe Beaudry added to Canada's Pan Am medal haul yesterday, winning gold by the closest of margins.

He successfully defended his title with a 15-14 win over American Timothy Morehouse in the individual sabre final.

THE CANADIAN PRESS



► Texas Rangers pitcher Derek Holland yells across a covered infield at Busch Stadium in St. Louis yesterday, after officials announced that Game 6 of the World Series would be postponed due to rain.

## Blame it on the rain

### ► Game 6 of World Series postponed because of inclement weather

Colby Lewis and his Texas teammates casually tossed a ball in left field, trying to avoid the tarp and any anxiety about being so close to the World Series championship.

On this day, the only winner was the weather.

Game 6 was postponed yesterday because of an accurate wet forecast, delaying the Rangers' bid to clinch their first championship. Ahead 3-2, they can close out the St. Louis Cardinals on Thursday night. It's likely to be clear with temperatures around 12 C at Busch Stadium.

"We're not getting antsy, we're not getting ahead of ourselves. We just have to wait," Texas manager Ron Washington said.

Lewis is set to start against Jaime Garcia. If there's a Game 7 Friday night, it'll be Matt Harrison for Texas against, well, no telling. St. Louis manager Tony La Russa playfully mentioned the great Bob Gibson, but ace Chris Carpenter on three days' rest looks as a possibility.

"It's already been asked about Carp," La Russa said. "I was told by Carp that he would be ready to go."

The postponement came after a travel day for the teams. This two-day

#### The last time



This was the first Series washout since 2008 at Philadelphia.

► That year, Tampa Bay and the Phillies were tied in the sixth inning when rain and snow turned the field

gap is the longest at the World Series since 1989, when the Bay Area earthquake left the Athletics and Giants idle for 11 days.

"It's just a rainout, that's it," Texas star Michael Young said. "I don't know if people think we're going to sit in our hotel rooms all night biting our nails. We're going to get something to eat, get some rest and be ready to go."

After a damp season and post-season, Major League Baseball announced the decision about 4½ hours before the scheduled first pitch. At the time, no drops had fallen at the ballpark.

into a quagmire, forcing a suspension.

► It rained the next day, too, and the game finally resumed two days later, with the Phillies winning to take the crown.

► Because of the debate about how to handle that situation, MLB adopted a rule a few months later mandating that any post-season game stopped in progress would be resumed at the point of suspension, rather than being postponed and starting over.

"I'm not even sure why they cancelled it," Cardinals outfielder Lance Berkman said. "This is better than the weather for Game

1. I guess I'm going to lie back on the couch like a big, fat pig and watch a movie."

Maybe Berkman could've joined La Russa. The Cardinals manager planned to go see Moneyball.

Busch Stadium has had weather woes in the past. In 2006, Game 4 between Detroit and the Cardinals was called.

Rain has hovered over the majors all year with more than 50 washouts, baseball's highest total since 1997. The bad weather actually started before opening day, as the Milwaukee Brewers and Reds worked out in snow flurries on March 31.

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